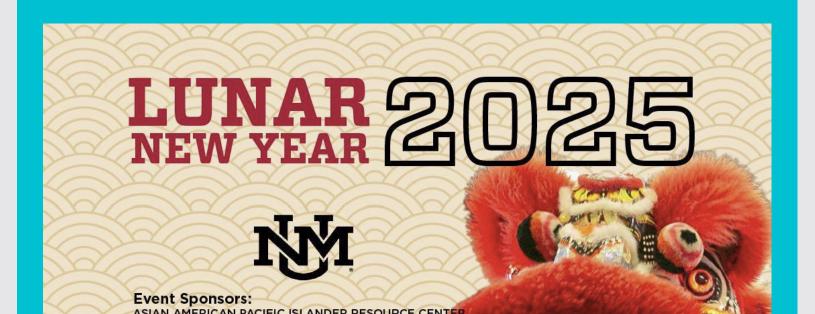
## Monday, February 3rd Spring 2025



## ASIAN AMERICAN PACIFIC ISLANDER RESOURCE CENTER













TUESDAYS 12:00pm beginning 2/4

AAPIRC's new location: Mesa Vista 1064

Meet the Spring 2025 rotating team of instructors





Aparna Levine (she/her) is the Director of Yogasaar Studio in ABQ and has been teaching Yoga and Vipassana (insight) Meditation since 2001. Often described by her students as an authentic and compassionate teacher, she leads meditation, Qi Gong, and yoga teacher trainings,

classes, retreats, and immersives throughout the year. She inspires her students to explore their infinite potential, to move from their





Mary Phibbs has lived in Albuquerque her whole life and practiced yoga for over 20 years. She completed her RYT 200 hour training in 2016. She is passionate about yin and restorative yoga to manage stress and improve our daily lives. She works at UNM

but spends most of her free time practicing yoga and meditation.

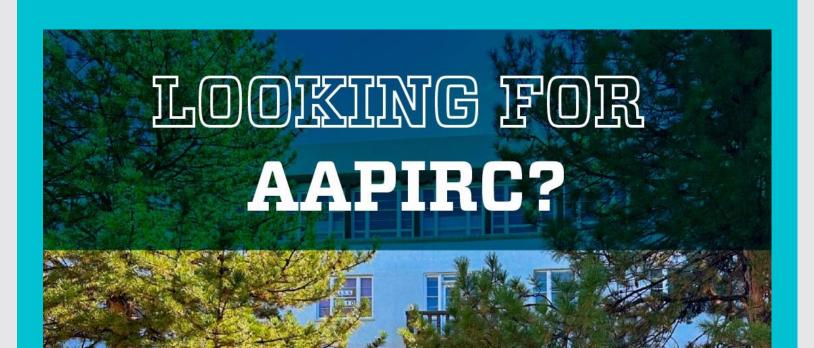




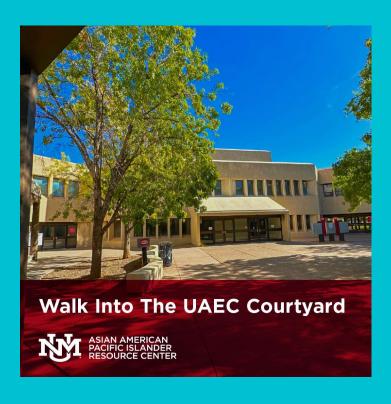
(she/ella) is an International Education Advisor at GEO, and a Certified Vinyasa Yoga teacher (RYT-200). She has training in Trauma-Informed and adaptive yoga. She is also a co-founder of Kula Yoga ABQ, a collective that facilitates bilingual

yoga classes for immigrants and refugees in New Mexico.

You can find more about her work at <a href="https://www.kulayogaabq.com">https://www.kulayogaabq.com</a>.





















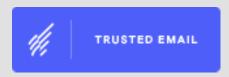




View this email in your browser

UNM Asian American Pacific Islander Resource Center Mesa Vista Hall 1064

<u>Unsubscribe</u>



## This is a Test Email only.

This message was sent for the sole purpose of testing a draft message.